X5 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

ASSEMBLY INSTRUCTIONS

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08/06

Before using this product, it is essential to read this
ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

NOTE: *This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and the receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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This Manual describes the assembly of the following products:

Life Fitness Cross-Trainer:

X5

Statement of Purpose: The Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Before assembling Cross-Trainer

DO NOT locate the Cross-Trainer outdoors, near swimming pools, or in areas of high humidity.

DO Make sure the sides, front and back of the Cross-Trainer maintain a minimum clearance of 8 inches (20 cm) from the nearest obstruction.

DO verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on page 26 of this assembly instruction booklet. Save the shipping cartons in case of return.

DO read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the Cross-Trainer and helps you to design a workout tailored to your personal fitness goals.
For your safety, before using this product, read the ENTIRE Operation Manual and ALL Assembly Instructions. They describe equipment setup and include instructions on how to use your equipment correctly and safely.

Important Safety Instructions

- **WARNING:** Safety of the Cross-Trainer can be maintained only if it is examined regularly for damage and wear. Keep this product out of use until defective parts are repaired or replaced. Pay special attention to the moving linkages and connection points. See Preventive Maintenance section for complete details.
- To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or maintenance.
- To reduce the risk of burns, fire, electric shock or injury, always connect each product to a properly grounded electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water, Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or alongside the Cross-Trainer.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when Cross-Trainer is used by children, or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never insert objects into any opening in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services. Refer to page 26 for correct contact information.
- Never place liquids of any type directly on the unit, except in the optional accessory tray or holder. Containers with lids are recommended.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

- Keep all loose clothing, shoelaces and towels away from moving parts.
- Keep the Life Fitness product away from walls and clear of any obstructions and furniture. Ensure that there is at least one foot clearance in front of the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, always hold onto the user arms or stationary handlebar.
- Never operate the Cross-Trainer facing backwards.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

Parts Description

1 Phillips Pan Head Screw – Clevis Cover & Front Shroud Fastener . . . . . Qty: 12
10-32 x 3/8" LONG 3223401

2 Electronics Console Mounting Fastener . . . . . Qty: 6
10-16 x 8 Phillips Pan PLT ST 0017-00101-1621

3 Upright Cap & Front Shroud Mounting Fastener . . . . . Qty: 5
6-20 x 1/2" LONG Phillips Pan PLT ST 3226003

4 Upright Mounting Bolt . . . . . Qty: 2
3/8 – 16 x 5" LONG 3223301

5 Front Clevis/Pedal Lever & Upright Mounting Bolt . . . . . Qty: 6
3/8 – 16 x 3-1/4" LONG 3223310

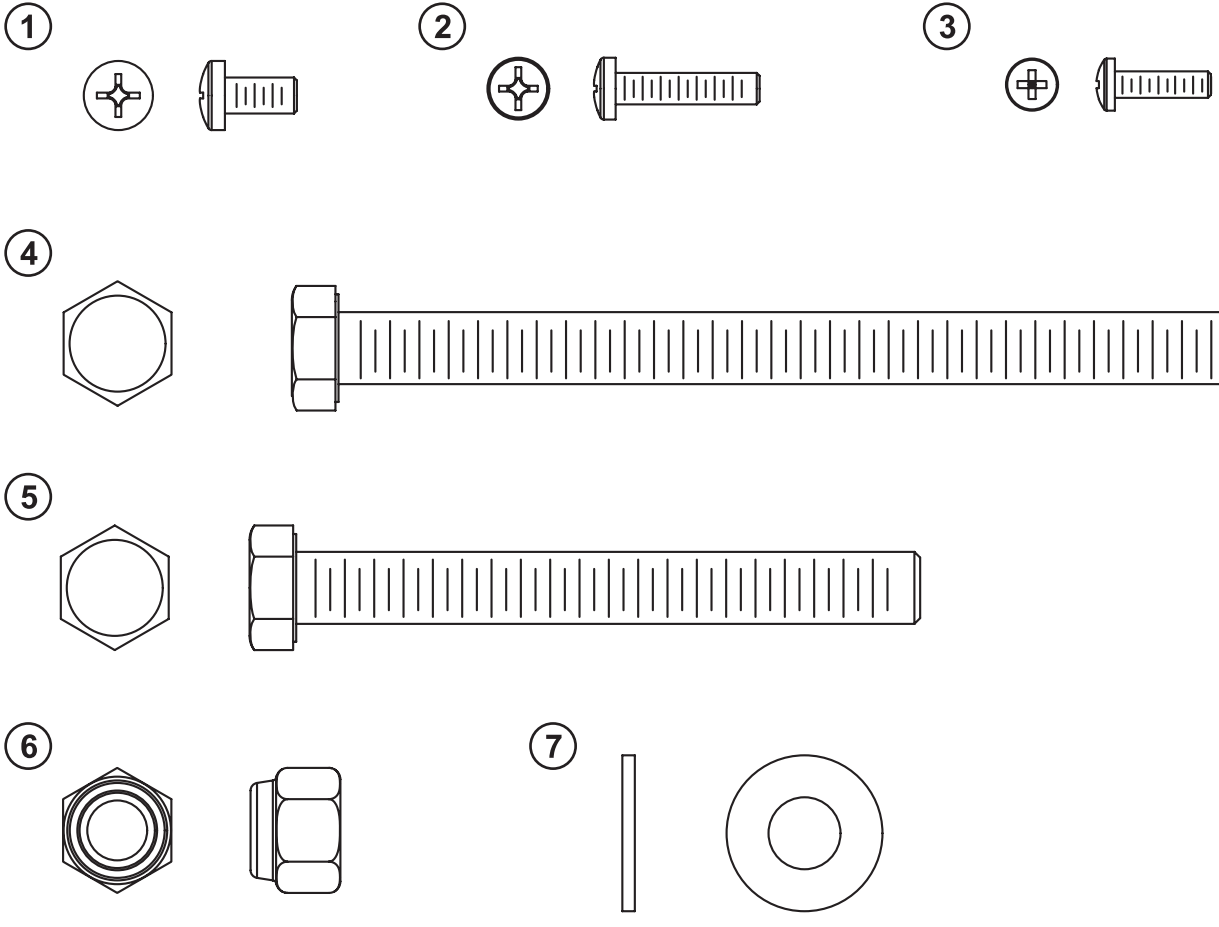
6 Nylock Nut – High Profile . . . . . Qty: 8
3/8 - 16 3102802

7 3/8" Washer . . . . . Qty: 12
. 3102514

Not illustrated: Plastic Upright Cap – Black . . . . . Qty: 1
Cap, Tube 2 x 4 Custom 8073001

Not illustrated: Front upright shroud – Gray . . . . . 6997202 – Left (1)
. . . . . 6997302 – Right (1)

Not illustrated: Cover, Clevis 1.75" Top/Bottom – Black . . . . . 6914902 – Top (2)
. . . . . 6915002 – Bottom (2)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SETUP

Tools required: Socket set, Phillips Screwdriver, 9/16" open end wrench

Please read instructions carefully before assembly. Be sure to assemble the unit where it is to be used.

STEP 1

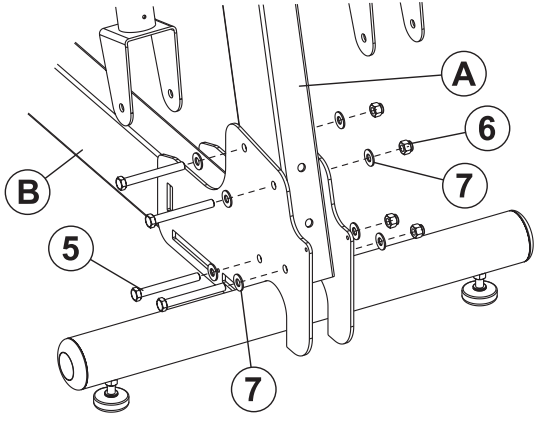
Remove the machine from packaging. Carefully lay out and count each part before assembly. Refer to the parts list on page 9 of this manual.

STEP 2

Assemble the upright tube assembly to the base frame:

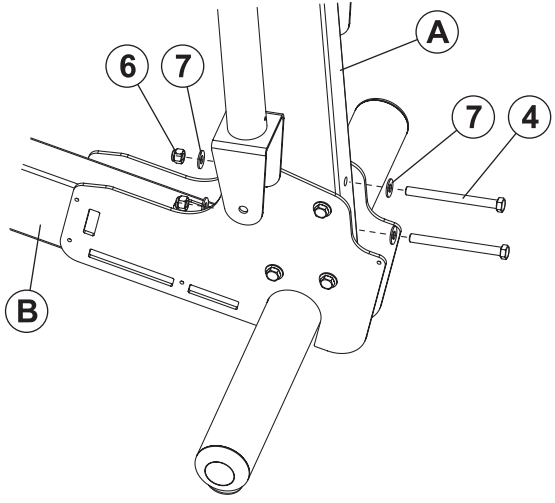
NOTE: ***This step could require two people.***

1. Position the upright tube assembly (A) between the plates on the front of the base frame (B).
2. Line up the holes on the plates (B) with the holes on the upright tube assembly (A).
3. Connect the upright tube assembly (A) to the base frame (B) using four (#5) 3-1/4" bolts, eight (#7) washers (4 on each side) and four (#6) high profile nylock nuts. DO NOT FULLY TIGHTEN AT THIS POINT.



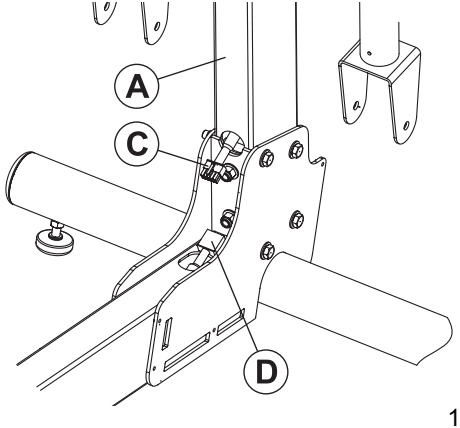
CAUTION: ***The wire harness may obstruct the connecting holes. If this happens, gently pull on the end of the wire harness at the top of the upright tube assembly (A) to clear the hole. Do not force the bolt through the hole if the wire harness is obstructing the bolt, as damage to the wire harness may result.***

4. Insert two (#4) 5" bolts and two (#7) washers into the back-side of the connector joint on the base frame (B). Connect with two (#7) washers and two(#6) high profile nylon lock nuts. Start each bolt, and then tighten with a 9/16" socket wrench.
5. Tighten all six bolts with a 9/16" socket wrench.



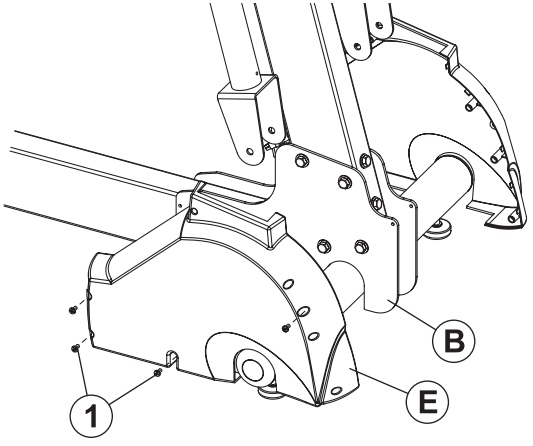
STEP 3

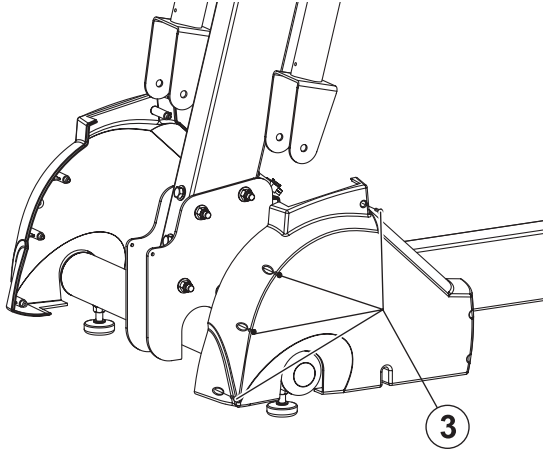
1. Connect the upper wire harness (C) to the lower wire harness (D). Insert connected plugs of the wire harnesses into wiring hole on upright tube assembly (A).



STEP 4

1. Attach front shroud (E) to base-frame (B) using eight (#1) Phillips pan head screws (4 on each side). Using a Phillips screwdriver, secure the shrouds to the base frame (B). Repeat for the opposite side (same four locations).
2. Using a Phillips screwdriver, complete assembly of front shroud by securing shroud with four phillips plastic screws (#3) in the areas indicated by the drawing.

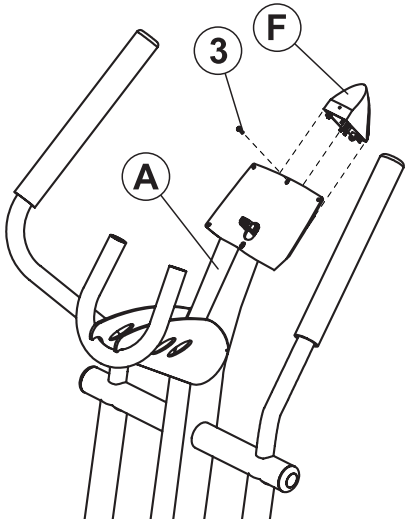




STEP 5

Attach Plastic Upright Cap to upright assembly:

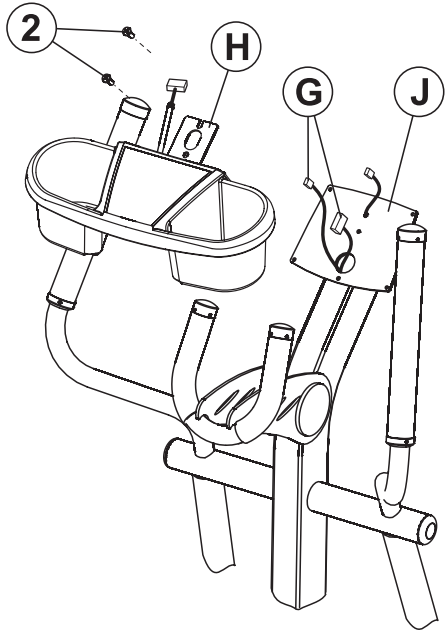
1. Push the Plastic Upright Cap (F) into the open end of the tube at the top of the upright tube assembly (A).
2. Line up the hole in Plastic Upright Cap (F) with hole in upright tube assembly and fasten with a (#3) screw.



STEP 6

Attach accessory tray to upright assembly:

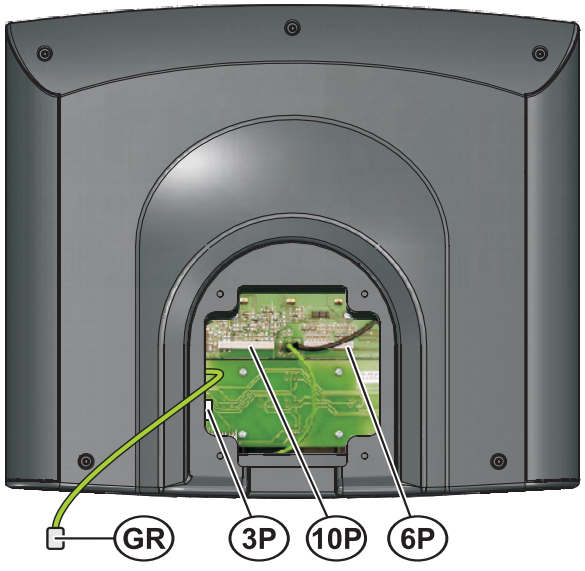
1. Feed the upper wire harness (G) through the slot in the accessory tray bracket (H).
2. Line up the holes on the accessory tray bracket (H) with the holes on the console plate (J), and then secure the accessory tray with the two (#2) self-tapping screws using a Phillips screwdriver.



STEP 7

Plug cables into the back of display console:

1. Plug the 10-pin connector at the end of the upper wire harness into the 10-pin connector (10P) in the back of the display console (K). Make sure the connector snaps into place.
2. Plug the 3-pin connector at the end of the heart rate cable into the 3-pin (3P) connector in the back of the display console (K). Make sure the connector snaps into place.
3. Plug in flat 6 pin (6P) connector for the Activity Zone.
4. Push excess cable(s) into the opening of the upright tube assembly (A).
5. Plug the spade connector attached to the console plate (J) into the connector (GR) leading from the back of the display console (K)

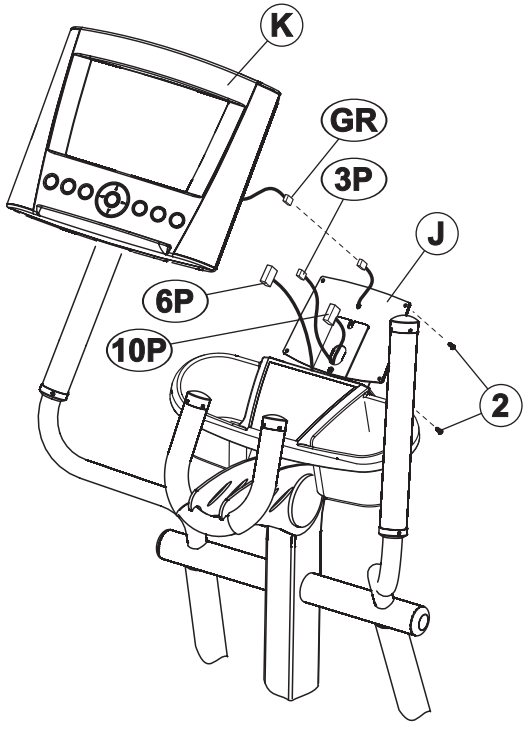


STEP 8

Attach the display console to the console plate:

1. Line up the four holes in the back of the console plate (J) with the four holes in the back of the display console (K).
2. Attach the display console (K) using the four (#2) screws. Be careful not to pinch cables between the console and the console plate. Be sure to get each screw started before fully tightening.

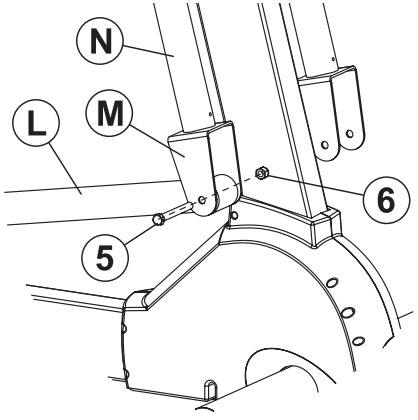
NOTE: ***To avoid stripping, do not over tighten screws.***



STEP 9

Connect the pedal levers to the upper arms:

1. Insert pedal lever (L) into the clevis bracket (M) of the upper arm (N).
2. Connect the pedal lever (L) to the upper arm (N) using one (#5) 3 1/4" bolt and one (#6) high profile nylock nut. Using a 9/16" socket wrench, and a 9/16" open ended wrench, tighten securely.
3. Repeat procedure for the opposite side.



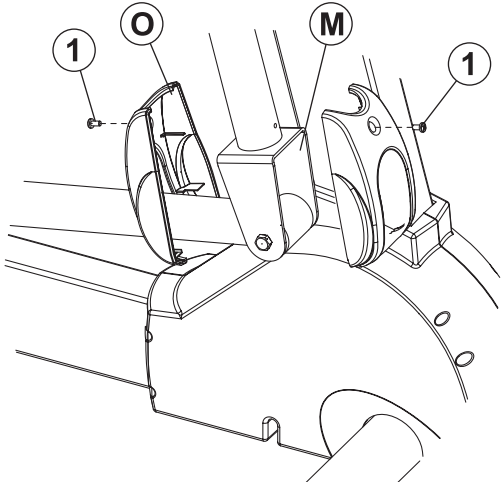
STEP 10

Attach the clevis covers to the clevis brackets:

1. Secure one clevis cover (O) to the clevis bracket (M) using two (#1) phillips tapping screws.

NOTE: ***Threads are formed in the holes as the screw goes in. A power screw-driver is recommended if available.***

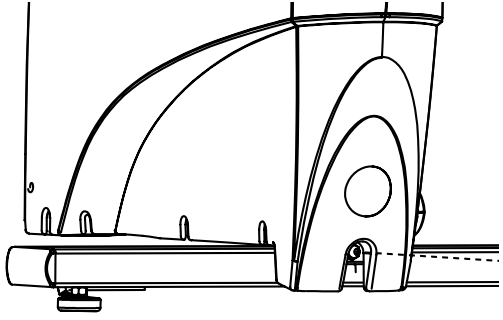
2. Repeat procedure for opposite side.



How To Stabilize The Life Fitness Cross-Trainer

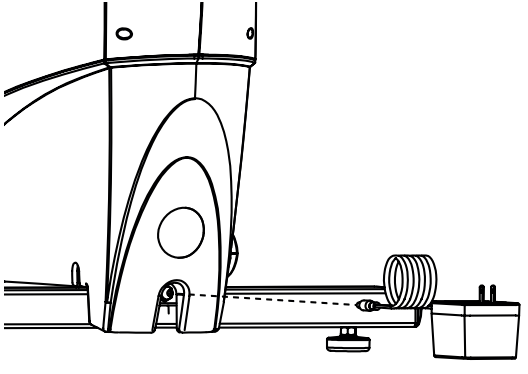
After placing your Cross-Trainer where it will be used, check its stability. If there is even a slight rocking motion, or the unit is not stable, determine which stabilizing leg is not resting firmly on the floor. To adjust the leg, loosen the JAM NUT (A) and turn the STABILIZING LEG (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

NOTE: It is extremely important that the stabilizing leg be correctly adjusted for proper operation.



Plugging in the Cross-Trainer

Your Life Fitness Cross-Trainer comes with a standard U.S. power supply. Insert the power adapter jack into the barrel plug on the back of the Cross-Trainer. Then insert the transformer into the wall outlet (or the universal power supply if outside the U.S.). Make sure the cord is placed so it doesn't bind and will not be walked on. Check that the console LEDs light up. If not, recheck the plug and wall connections and make sure the wall outlet has power.



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